

Eurasian Medical
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Causes and symptoms of anemia in pregnant women

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ABSTRACT

Pregnant women may feel unwell during pregnancy if they have severe anemia; Increased chances of premature birth; There is a high risk of infection after childbirth. According to statistics, 40% of pregnant women suffer from anemia.

The purpose of the study: To study the causes of anemia in pregnant women and the symptoms of anemia. The article provides information on the causes of anemia in pregnant women, their identification and symptoms that distinguish anemia from other diseases.

Keywords:

Pregnancy, causes and symptoms of pregnancy anemia.

Introduction: Anemia in pregnancy is common and associated with iron deficiency. Iron is a mineral that everyone needs. Pregnant women need more iron for a variety of reasons. The main reason is that iron serves to carry oxygen and nutrients to the baby during pregnancy. By the last months of pregnancy, the blood in your body increases by 30-50%. Your need for iron during pregnancy will increase by 100% compared to now. Babies often do not absorb much iron from their mothers' diets at this time. Typically, women go through this stage at least twice during pregnancy. These periods are the beginning of pregnancy and the 28th week. Also, 24-32 weeks is not considered a good time to check for iron deficiency. At this time only a large increase in blood volume was observed and some time was required for all levels of balance. So, if you go through this stage of time and you have anemia, you will have weakness and other symptoms of anemia. Low iron can make you more tired than you were during your

pregnancy, make you more prone to illness and infection, and cause other possible complications. Iron pills can cause diarrhea, constipation, stomach pain, prevent your body from replenishing with other nutrients, and are not easily absorbed from food as iron.

Symptoms of anemia.The main symptom of anemia is a constant feeling of fatigue. Not surprisingly, when cells receive less oxygen, they save it and become less active than before. However, if you are tired, it is not possible to say that you have anemia – there may be other causes of fatigue. Other symptoms of anemia include shortness of breath, decreased activity and attention, and irritability. One begins to feel like an «alien planet»: no wonder, because the tissues of the body do not receive enough oxygen for them! As the anemia progresses, the skin becomes pale and the hands and feet become cold and permanently frozen. Another sign is a faster heart rate: the heart is trying to

supply more blood to the tissues, at least in this way, and to compensate for the lack of oxygen not by quality, but by quantity. Dizziness and pain may occur in the background. Apparently, we've all had some signs of anemia at least once. Not surprisingly, they can cause rapid pulse, shortness of breath, fatigue, and even mild

dizziness after a normal run. The presence of these symptoms only helps to suspect anemia, but it is not possible to diagnose it with their help. (Source: Obstetrics: Normal and Problematic Pregnancy. Jabbe, S, Niebil, J, Simpson, JL. Sixth Edition.)



Causes of anemia. To treat anemia, you have to deal with the cause that caused it. As mentioned above, the most common type of anemia is iron deficiency. As the name suggests, iron deficiency is a major component of hemoglobin in the body. The reasons for this may be enough, but the most important are: insufficient supply of iron or food, or excessive excretion from the body. Doctors are debating which of these causes is more common, but both are very important. Large amounts of iron are found in meat, liver, small amounts in vegetables, dried fruits, legumes and even whole grain breads. Some store-bought products are specially fortified with iron. But a person's ability to absorb iron from food is very limited: no more than a few milligrams a day. That is why it is not easy to replace lost iron with drugs or food. You have to wait weeks and months for the effect to be felt. This means that iron is so difficult to digest that our body has to be careful with it and

learn to save it in every possible way. Most of the iron in red blood cells (which live for one and a half to two months) is reused. Thus, the amount of iron in the body is a very stable value. So, why is iron deficiency anemia so common? The answer is simple – because of the loss of iron or the increase in demand for it. Women are more likely to suffer from anemia. After all, every month a woman's body loses a small amount of blood, and with it the precious iron that keeps the hemoglobin of erythrocytes. Although low in iron, it is difficult to make up for lost iron with food. However, in the same way, any bleeding can lead to anemia: bleeding from an injury or a stomach ulcer or a tumor in the gut. This is why chronic anemia is a concern in elderly patients at high risk for cancer. Another risk category for anemia is children. At certain stages of development, this is observed in almost every child: during the so-called «height jump», when the child grows rapidly and the need for iron

increases. For similar reasons, increased iron requirements are also seen in pregnant women. It is also important to keep in mind that malnutrition can lead to anemia. True, this is often due not only to iron deficiency, but also to a lack of vitamin B12 in the diet. In this case, the anemia is called B12 deficiency and is caused by a violation of the formation of red blood cells (this vitamin is involved in this process). Meat, milk, fish and eggs are rich in vitamin B12. In this regard, vegetarians are usually advised to take special dietary supplements to prevent its deficiency. (Nazokat Qarshiyeva)

Research methods and materials: Identify the factors that cause anemia in pregnant women, inform pregnant women about them and develop measures to prevent anemia. Pregnant women are provided with enough information about anemia and the causes of anemia, as well as the symptoms of anemia.

Conclusion: Pregnant women can be at risk of anemia during pregnancy. Pregnancy can be dangerous for the mother and fetus – preeclampsia or late gestosis. Symptoms include high blood pressure, swelling, and proteinuria. Preeclampsia can be a separate disease or develop against the background of pre-existing hypertension. Therefore, any symptoms associated with an increase in pressure – headache, dizziness, the appearance of mirage patterns in front of the eyes, darkening of vision, noise in the ears, consult a doctor necessary.

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